

**SEXUAL ASSAULT HOTLINES**  
**(24-HOURS A DAY, 7 DAYS A WEEK)**

**BROOME COUNTY:**

(607) 722-4256

[www.cvac.us](http://www.cvac.us)

**CAYUGA COUNTY:**

(315) 252-2112

[www.cayugacounseling.org](http://www.cayugacounseling.org)

**CHENANGO COUNTY:**

1-855-966-9723

[www.victimsofviolence.org](http://www.victimsofviolence.org)

**CORTLAND COUNTY:**

(607) 756-6363 OR 1-800-336-9622

[www.cortlandywca.org](http://www.cortlandywca.org)

**DELAWARE COUNTY:**

(607) 746-6278 OR 1-866-457-7233

[www.delawareopportunities.org](http://www.delawareopportunities.org)

**HERKIMER COUNTY:**

(315) 866-4120

[www.ywcamv.org/crises-services/](http://www.ywcamv.org/crises-services/)

**JEFFERSON COUNTY:**

(315) 782-1855 OR 1-866-782-1855

[www.vacjc.com](http://www.vacjc.com)

**LEWIS COUNTY:**

(315) 376-8202 ext. 4 (weekdays 8am-4pm)

(315) 376-4357 (weekdays after 4pm & weekends)

[www.lewiscountyopportunities.com](http://www.lewiscountyopportunities.com)

**MADISON COUNTY:**

1-855-966-9723

[www.victimsofviolence.org](http://www.victimsofviolence.org)

**ONEIDA COUNTY:**

(315) 797-7740

[www.ywcamv.org/crises-services/](http://www.ywcamv.org/crises-services/)

**OSWEGO COUNTY:**

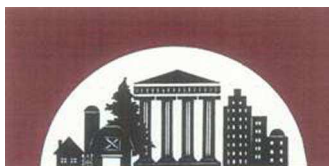
(315) 342-1600 OR 1-877-342-7618

[www.oco.org/crisis-development](http://www.oco.org/crisis-development)

**OTSEGO COUNTY:**

(607) 432-4855

[www.ofoinc.org](http://www.ofoinc.org)



**IF YOU NEED LEGAL HELP BECAUSE OF A  
SEXUAL ASSAULT, CONTACT THE LEGAL AID  
SOCIETY OF MID-NEW YORK:**

**Binghamton Office**

168 Water St., 2nd Floor, Binghamton, NY 13901

(607) 231-5900

*Serves: Broome and Chenango Counties*

**Cortland Office**

111 Port Watson St., Cortland, NY 13045

(607) 428-8400

*Serves: Cortland County*

**Oneonta Office**

189 Main St., 3rd Floor, Oneonta, NY 13820

(607) 433-2600

*Serves: Delaware and Otsego Counties*

**Oswego Office**

108 West Bridge St., Oswego, NY 13126

(315) 532-6900

*Serves: Oswego and Cayuga Counties*

**Utica Office**

268 Genesee St., Utica, NY 13502

(315) 793-7000

*Serves: Herkimer, Lewis, Madison and Oneida Counties*

**Watertown Office**

215 Washington St., Suite 202, Watertown, NY 13601

(315) 955-6700

*Serves: Jefferson County*

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Services Corporation



LIKE A STONE

THROWN INTO

CALM WATER,

## SEXUAL ASSAULT

causes a ripple effect

throughout a victim's life.

Sexual assault can

threaten a victim's

physical safety,

privacy,

housing,

education,

employment,

financial security

and immigration status.

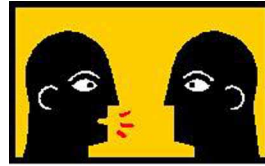
Fortunately, there are free legal  
services that can help.

**What is Sexual Assault?** Any sexual contact or sexual attention committed by force, bribes, threats, manipulation, pressure, trick, or violence. Sexual assault may be committed by anyone, including a spouse, significant other, or family member. It may be physical or non-physical, and includes rape, attempted rape, incest, child molestation and sexual harassment. Sexual assault can be verbal, visual or anything that forces a person to join in unwanted sexual contact or attention.

## As a result of a sexual assault ...



- I AM CONCERNED ABOUT MY HEALTH OR MEDICAL ISSUES.



- I AM WORRIED ABOUT MY PRIVACY AND OTHER PEOPLE FINDING OUT ABOUT THE ASSAULT.



- I DO NOT FEEL SAFE WHERE I LIVE AND/OR I AM WORRIED ABOUT MY PHYSICAL SAFETY.



- I HAVE FINANCIAL AND/OR INSURANCE PROBLEMS.

If you are a victim of sexual assault, and you checked any of these boxes, please contact the Legal Aid Society of Mid-New York. Our services are **FREE, PRIVATE** and **CONFIDENTIAL**.

One of our attorneys can explain your legal options. If English is not your first language, we will provide a free, confidential interpreter.



- I AM WORRIED ABOUT SCHOOL.



- I AM CONFUSED ABOUT THE CRIMINAL OR CIVIL JUSTICE SYSTEM.



- I AM WORRIED ABOUT MY JOB.



- I AM CONCERNED ABOUT MY IMMIGRATION STATUS.